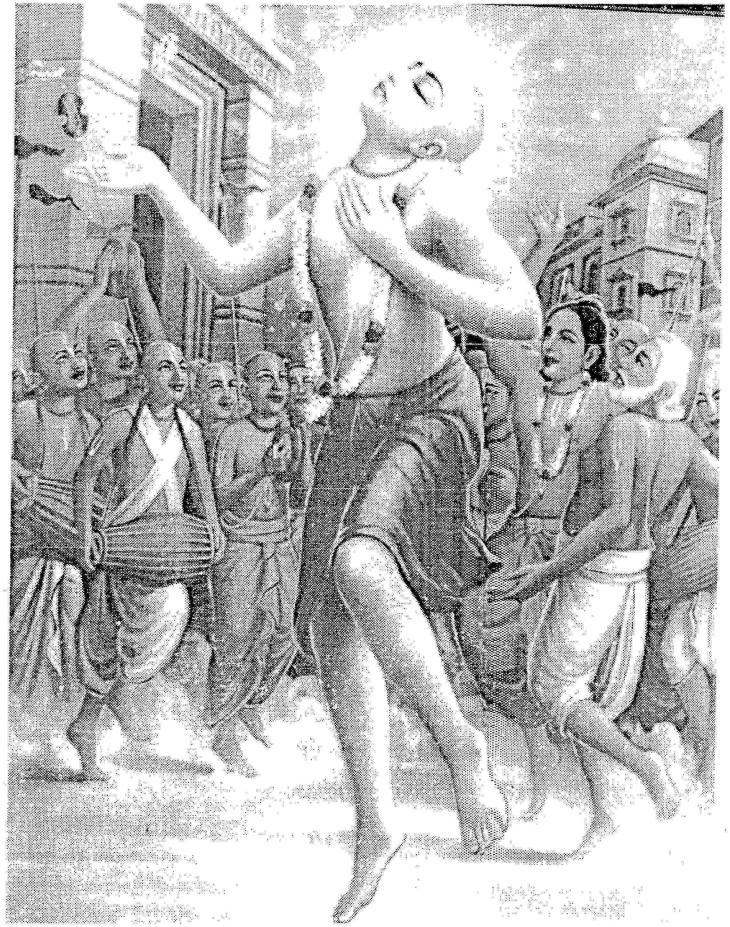


Any mantra in this book is coming by Parampa rā from Narottam Das Thakur

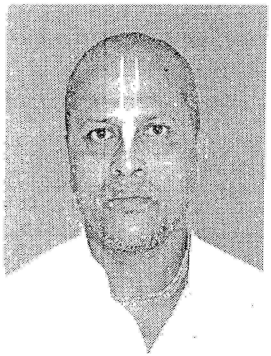
Pranam mantra

mridangaya brahmarupaya labanam
rasamadhuri sahasra gunam
samyuktam mridangaya na mo namah

HARE KRISHNA

Mridanga Lessons

Master – Pankaj Dasa



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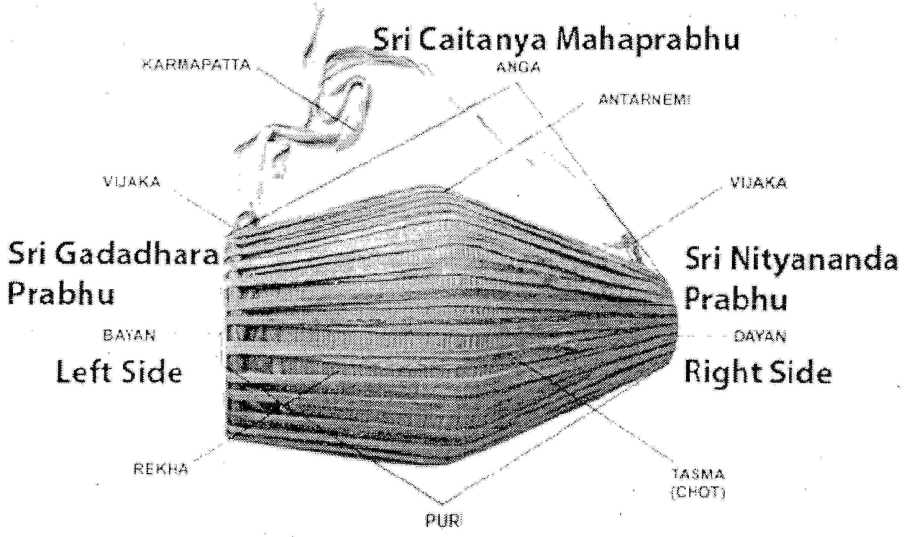

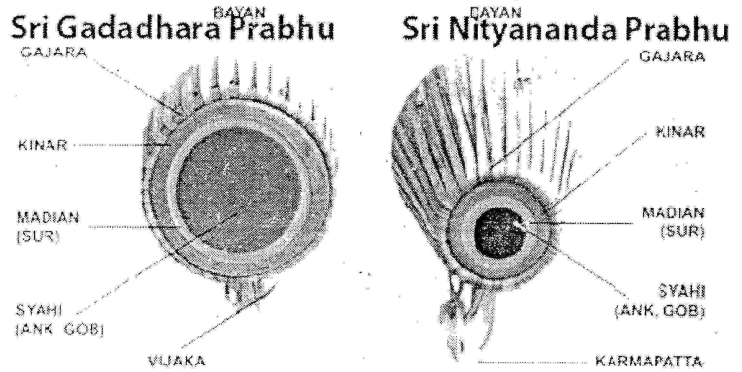

32 syllable maha mantra = 32 Ghāt (holes for straps)

32 left-side straps + 32 right-side straps = 64 *mohanta* (great Vaishnavas)

This instrument has two names:

1. ***Sri Khol*** - beautiful, inside hollow
2. ***Sri Mridanga*** – beautiful, clay body {clay body = barro cuerpo (Spanish), glina corpus (Slavic)}

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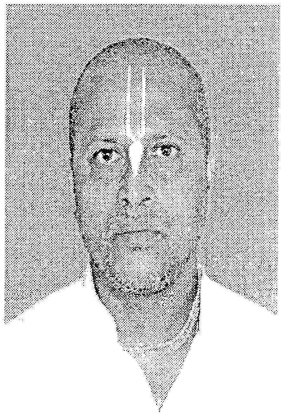

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Some useful pieces of information about Sri Mridanga:

- The Mridanga is respected just like Krishna's paraphernalia because it is an expansion of His flute (therefore an expansion of Balaram).
- The Mridanga's sound evokes auspiciousness just like the Conch-shell's sound.
- The Pranam Mantra (on the cover-page) should be recited before playing / practicing.
- Mridanga playing is a type of Yoga, hence it's important to have a daily practice of 2 (two) hours or more.
- By seriously practicing the Hand Sadhana Mantras and Fingering Sadhana Mantras you achieve 80% of your Mridanga learning. The remaining 20% are the learning of rhythm of Playing Mantras.
- Reciting aloud the Mantra that you're playing along with playing, will help you to sing and play together.
- The clay-made khol produces the best sound.
- For Mridanga with leather heads: avoid placing him on a wooden / ceramic floor on his head because the leather may absorb humidity and tighten-up, or simply get spoiled. The best is to cover the Khol and his heads with a cotton cloth once you've finished playing. Also, it's "healthy" for the Mridanga to be played-on daily or every two days (keeps the tuning and the tension of the straps in good condition).
- While playing in Kirtan / Bhajan, follow the Kirtan leader and play softer than the song so as not to cover the song with the Mridanga's power. The Mridanga is like a string holding a flower garland, but the song is like the flowers of the garland, so the song is more important. The Kartals may be compared to the salt in the food we eat: sometimes one can do without them.
  For junior Mridanga players it is important to follow behind an experienced player.
- Terms:
  1. **Tihai** – a break or finishing repetition of one Mantra (usually the repetition is 3 times).
     When played as a break (usually small Tihai) it should coincide with the beginning of the following Mantra {by 'dropping' the last note i.e. – TERE KHETA JHA TERE KHETA JHA TERE KHETA (JHA) – don't play the last (JHA). This does **not** apply to 32-Matra Tihais}.
     When you play small Tihai as a finish, play the full Tihai.
     Tihai is played normally at the RAMA RAMA HARE HARE or at the HARE HARE parts of the Kirtan, depending on the speed of the Kirtan.

Lesson 1: Hand Sadhana

Formula

Right side = (R.s)
Left side = (L.s)

TE = (R.s) Four fingers middle closed sound
RE = (R.s) Thumb middle closed sound
KHE = (L.s) Palm middle closed sound
TA = (R.s) Four fingers middle open sound
TA = RE
x

TAA = TE
KHA = KHE

HATUTI MANTRA (HAND SADHANA)

1. TE RE KHE TA = 4 Tais - Slow
   4 Tais - Fast
2. TERE KHETA
3. TEREKHETA
4. TERE TERE TERE KHETA
5. TERE KHETA TERE KHETA TERE TERE TERE KHETA
6. TERE KHETA KHETA TERE
   x
7. TERE KHETA KHETA TERE KHETA
   x
8. TERE KHETA KHETA TERE KHETA TAA KHA
   x
9. TERE KHETA KHETA TERE KHETA KHETA TERE KHETA
   x x
10. TERE KHETA TAAKHA TERE KHETA KHETA TERE KHETA
    x

Lesson 1: Hand Sadhana

Formula

Right side = (R.s)
Left side = (L.s)

TE = (R.s) Four fingers middle closed sound
RE = (R.s) Thumb middle closed sound
TEE = TA = RE
x
+
DE = DA = (R.s) TE + (L.s) GE (together)

KHE = (L.s) Palm middle closed sound
TA = (R.s) Four fingers middle open sound
TA = RE
x

TAA = TE
KHA = KHE
GHE = (L.s) Open strong sound
GE = (L.s) Open medium sound

TI = (R.s) Index finger corner open sound
{details: the index finger strikes on the border of the Madian and Kinar parts (**see diagram**), the little and ring fingers supporting near the rim, the middle finger is raised (not excessively) for a stronger stroke and the thumb is slightly supporting on body of Khol to ensure precision of the stroke**}**

NG = KE / KA / KI = (L.s) Soft KHE

HATUTI MANTRA (HAND SADHANA)

11. GHE TE TEE

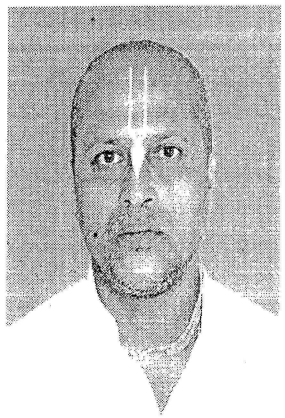
12. GHETETEE (GUR)

13. GHETETEE GHETA (GURU)

+ + +
13a) DA GURUGURU DA GURUGURU DA GURU

14. TING TAAKHA TERE KHETA

15. TING TAAKHA TERE KHETA
TING TAAKHA TERE KHETA
TERE KHETA KHETA TERE
x
KHETA KHETA TERE KHETA
x



Lesson 1: Hand Sadhana

FORMULA

Right side = (R.s)
Left side = (L.s)

(**guru**) = (L.s) Open sound
(**laghu**) = (L.s) Closed sound

\+
NE = **DA** = TE
NE = RE
x

↑
NA = (R.s) Open TA up

↑
OW = (L.s) Open GE up

TE = (R.s) Four fingers middle closed sound
RE = (R.s) Thumb middle closed sound
KHE = (L.s) Palm middle closed sound
TA = (R.s) Four fingers middle open sound
TA = RE
x

TAA = TE
KHA = KHE
GHE = (L.s) Open strong sound
GE = (L.s) Open medium sound
TEE = TA = RE
x

\+
DE = **DA** = (R.s) TE + (L.s) GE (together)

TI = (R.s) Index finger corner open sound
NG = KE / KA / KI = (L.s) Soft KHE

HATUTI MANTRA (HAND SADHANA)

\+
16. (guru) GHENE NERE GENE GEDA
x x

\+
(laghu) KHENE NERE KHENE KHETA
x x

\+ \+
17) (guru) GHENE NERE GENE GEDA GHENE NERE GENE GEDA
x x x x

\+ \+
GHENE NERE GEDA GHENE NERE GEDA
x x

\+ \+
(laghu) KHENE NERE KHENE KHETA KHENE NERE KHENE KHETA
x x x x

\+ \+
KHENE NERE KHETA KHENE NERE KHETA
x x

\+ ↑ ↑
18) (guru) GHENE NERE GHENE NAOW TERE KHETA
x x

\+ ↑ ↑
(laghu) KHENE NERE KHENE NAOW TERE KHETA
x x

Lesson 1: Hand Sadhana

FORMULA

Right side = (R.s)
Left side = (L.s)

(**guru**) = (L.s) Open sound
(**laghu**) = (L.s) Closed sound

TE = (R.s) Four fingers middle closed sound
RE = (R.s) Thumb middle closed sound
KHE = (L.s) Palm middle closed sound
TA = (R.s) Four fingers middle open sound
TA = RE
x

TAA = TE
KHA = KHE
GHE = (L.s) Open strong sound
GE = (L.s) Open medium sound

+
DE = **DA** = (R.s) TE + (L.s) GE (together)

TI = (R.s) Index finger corner open sound
NG = KE / KA / KI = (L.s) Soft KHE

+
NE = DA = TE
NE = RE
x

↑
NA = (R.s) Open TA up

↑
OW = (L.s) Open GE up

HATUTI MANTRA (HAND SADHANA)

19) (guru) GHENE NERE GHENE NAOW TERE KHETA
+ ↑ ↑
x x

TING TAAKHA TERE KHETA

(laghu) KHENE NERE KHENE NAOW TERE KHETA
+ ↑ ↑
x x

TING TAAKHA TERE KHETA

20) (guru) GHENE NERE GHENE NAOW TERE KHETA
+ ↑ ↑
x x

TING TAAKHA TERE KHETA TERE KHETA DERE GEDA

GHENE NERE GHENE NAOW TERE KHETA
+ ↑ ↑
x x

(laghu) KHENE NERE KHENE NAOW TERE KHETA
+ ↑ ↑
x x

TING TAAKHA TERE KHETA TERE KHETA TERE KHETA

KHENE NERE KHENE NAOW TERE KHETA
+ ↑ ↑
x x

Lesson 1: Hand Sadhana

FORMULA

Right side = (R.s)
Left side = (L.s)

TE = (R.s) Four fingers middle closed sound
RE = (R.s) Thumb middle closed sound
KHE = (L.s) Palm middle closed sound
TA = (R.s) Four fingers middle open sound
TA = RE
x

TAA = TE
KHA = KHE
GHE = (L.s) Open strong sound
GE = (L.s) Open medium sound

+
DE = **DA** = (R.s) TE + (L.s) GE (together)

TI = (R.s) Index finger corner open sound
NG = KE / KA / KI = (L.s) Soft KHE

(**guru**) = (L.s) Open sound
(**laghu**) = (L.s) Closed sound

+
NE = DA = TE
NE = RE
x

KHI = KHE
TII = RE
NI = TE
NITII = TERE

↑
NA = (R.s) Open TA up

↑
OW = (L.s) Open GE up

21) (guru) GHENE NERE GHENE NAOW TERE TERE
x x

KHETA TAAKHA TERE KHETA TING TAAKHA TERE KHETA

(laghu) KHENE NERE KHENE NAOW TERE TERE
x x

KHETA TAAKHA TERE KHETA TING TAAKHA TERE KHETA

22) (guru) GHENE NERE KHETA KHENE NERE KHETA
x x

GHENE NERE GEDA GHENE TERE TERE
x x

KHETA TAAKHA TERE KHETA

(laghu) KHENE NERE KHETA KHENE NERE KHETA
x x

KHENE NERE KHETA KHENE TERE TERE
x x

KHETA TAAKHA TERE KHETA

23) GEDA GEDA KHITII NITII
24) GEDA KHITII NITII

25) (guru) GEDA GEDA KHITII NITII GEDA KHITII NITII
(laghu) KHETA KHETA KHITII NITII KHETA KHITII NITII

Lesson 2: Fingering Sadhana

FORMULA

TA = TI = (R.s) Index finger corner open sound

NE = (R.s) Index finger middle closed sound
x

NE = (R.s) 3 fingers open sound (middle, ring and little)

TE = NE
x

TEE = NE

FINGERING MANTRA

1) TA NE NE NE = 4 Taas - FAST
x x 4 Taas - SLOW

2) NE TA NE NE
x x

3) NE NE TA NE
x x

4) NE NE NE TA
x x

5) TA TE NE

6) TA TE TEE

DADRA TRIDAM
4 Taas - SLOW
4 Taas - FAST

7) TA TENE TENE TENE

8) TATE NETA TENE TENE

9) TATE NETE NETA TENE

10) TENE TATE NETA TENE

Lesson 2: Fingering Sadhana

FORMULA

TA = TI = (R.s) Index finger corner open sound

NE = (R.s) Index finger middle closed sound
x

NE = (R.s) 3 fingers open sound (middle, ring and little)

TE = NE
x

TEE = NE

11) TA TENE TENE TENE
TATE NETA TENE TENE

12) TA TENE TENE TENE
TATE NETE NETA TENE

13) TATE NETA TENE TENE
TENE TATE NETA TENE

14) TENE TATE NETA TENE
TATE NETA TENE TENE

15) TA TENE TENE TENE TATE NETE NETA TENE
TENE TATE NETA TENE TATE NETA TENE TENE

Lesson 2: Fingering Sadhana

FORMULA (GURU) = Dugi style
(LAGHU) = Bless style

NE = (R.s) Index finger middle closed sound
x

NE = (R.s) 3 fingers open sound (middle, ring, little)

GE = (L.s) Dugi 1 only
GHE = (L.s) Dugi 1 only (but more strong)

TE = NE
x

TEE = NE
Dugi = 3 STYLE
Dugi 1 = (L.s) Straight Dugi
Dugi 2 = (L.s) Down Dugi
Dugi 3 = (L.s) Up / Open Dugi

DHA = Dugi 1 + TI (together)
DHE / DHI = Dugi 2 + NE (together)
x

NEE / NAA = Dugi 3 + NE (together)

NA= TA = TI = (R.s) Index finger corner open sound
NG **KA / KE / KI** = (L.s) Soft KHE
So, **NAKA** = TING

+
DA = Dugi 1 + TE (together)

+
TE = (R.s) 3 finger middle closed sound
RE = (R.s) Index finger middle closed sound

+
- GHE TE TE GHE NE (GURU)

16. DHA TETEE NAKA DHENEE

17. DHENEE NAKA TENE NAKA

18. (guru) DHENEE DHENEE DHENEE NAKA

(laghu) THENEE THENEE THENEE NAKA

19. (guru) DHENEE DHENEE NAKA DHENEE
DHENEE NAKA DHENEE DHENEE

(laghu) THENEE THENEE NAKA THENEE
THENEE NAKA THENEE THENEE

20. (guru) DHATETEE NAKADHENEE DHENEENAKA DHENEEDHENEE
(laghu) THATETEE NAKATHENEE THENEENAKA THENEETHENEE

21. (guru) DHATETEE NAKADHENEE DHENEENAKA DHENEEDHENEE
DADHENEEDA DHENEEDHENEE DHENEEDADHE NEEDADHENEE

(laghu) THATETEE NAKATHENEE THENEENAKA THENEETHENEE
TATHENEETA THENEETHENEE THENEETATHE NEETATHENEE

+
22. DADHE NEEDHE NEEDHA TEREKETEE

+
23. (guru) DADHE NEEDHE NEEDHA TEREKETEE

+
(laghu) TATHE NEETHE NEETHA TEREKETEE

+ +
24. TAKA TAKA TERE KETEE TAKA TERE KETEE

Lesson 3: BHAJAN STYLE / DUGI STYLE (playing mantra)

FORMULA

NA = **TA** = **TI** = (R.s) Index finger corner open sound

NE = **TE** = **RE** = (R.s) Index finger middle closed sound
x

NE = **TEE** = (R.s) 3 fingers open sound (middle, ring, little)

↑
NA = (R.s) Index finger middle open sound

+
TE = (R.s) 3 finger middle closed sound (middle, ring, little)
DHA = Dugi 1 + TI (together)
DHE / DHI = Dugi 2 + NE (together)
x

NEE / NAA = Dugi 3 + NE (together)
DHIN / DHIK / DHAK = Strong DHE
GI / GE = (L.s) Only Dugi 1
GHE = (L.s) Only Dugi 1, but more STRONG
KA / KE / KI = (L.s) Soft KHE
NAKA = TING
TIK / TAK / NAK = TING (together)

+ +
TRE = TE + RE (together)
EI = **#** = PAUSE (Empty GAP. No sound)

The below mantra has to be played almost together with just a slight difference between 1st & 2nd beat.

↑ ↑
NAHA = 1ST (L.s) KHE + 2ND (R.s) NA
x

↑ ↑
NAHA = (L.s) Dugi 2 + (R.s) NA (together)
+

1) KAHARVA Taal – 8 matra / 4 matra → 3 beats

a) DHA GI TE TEE ↑NA KA DHI NAA

b) DHA GE ↑NA +TE ↑NA GE DHI NAA

c) DHA DHA TE TEE ↑NA KA DHI NAA

d) DHIN DHI ↑NA +TRE KE TEE DHI NAA

e) DHIK TAKE EIKI DHAK (4 matra)

f) DHIK ↑NA ↑NAHA TIK ↑NAHA ↑NA (4 matra)
x +

g) DHIK TAKE EIKI DHAK DHIK TAK # #

h) DHA TETEE ↑NAKA DHENEE (4 matra)

Lesson 3: BHAJAN STYLE / DUGI STYLE (playing mantra)

FORMULA

NA = **TA** = **TI** = (R.s) Index finger corner open sound

NE = **TE** = **RE** = (R.s) Index finger middle closed sound
x

NE = **TEE** = (R.s) 3 fingers open sound (middle, ring, little)

↑
NA = (R.s) Index finger middle open sound

+
TE = **DA** =(R.s) 3 finger middle closed sound (middle, ring, little)

DHA = Dugi 1 + TI (together)
DHE / DHI = Dugi 2 + NE (together)
x

NEE / NAA = Dugi 3 + NE (together)
DHIN / DHIK / DHAK = Strong DHE

GI / GE = (L.s) Only Dugi 1
GHE = (L.s) Only Dugi 1, but more STRONG

+
GURU = GHETETE GHENE (In dugi style play STRONG dugi 1 for GHE)

KA / KE / KI = (L.s) Soft KHE
NAKA = TING
TIK / TAK / NAK = TING (together)

EI = **#** = PAUSE (Empty GAP. No sound)

DHINAK = DHI + NAK
KINAK = KI + NAK
TINAK = TI + NAK

1a) SMALL TIHAI (TIHAI = BREAK) – 3 beats (any can be played with the above mantras)

+
a) DHADHIN TEREKETEE DHA X 3

b) KETEETAK GEDAGHENE DHA X 3

c) GURUTAK DHA X 3

d) TAGURUTA NETAKETEE DHA X 3

+
e) TEREKETEE DHA X 3

f) DHATETEE NAKADHENEE DHA X 3

g) DADHE NEEDHE NEEDHA DHENEE DHA X 3

KAHARVA Taal – 8 matra / 4 matra → 3 beats (contd.)

+
h) DHI NAKTA TEREKETEE DHA

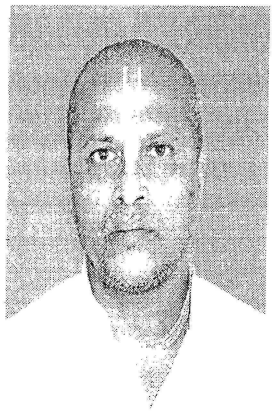
+
KI NAKTA TEREKETEE DHA

+
i) TEREKETEE TA DHINAK TA

+
TEREKETEE TA KINAK TA

↑
j) DHA DHINA DHINAK TAK

↑
TA TINA TINAK TAK



Lesson 3: BHAJAN STYLE / DUGI STYLE (playing mantra)

FORMULA

NA = **TA** = **TI** = (R.s) Index finger corner open sound

NE = **TE** = **RE** = (R.s) Index finger middle closed sound
x

NE = **TEE** = (R.s) 3 fingers open sound (middle, ring, little)

↑
NA = (R.s) Index finger middle open sound

+
TE = **DA** =(R.s) 3 finger middle closed sound (middle, ring, little)

DHA = Dugi 1 + TI (together)
DHE / DHI = Dugi 2 + NE (together)
x

NEE / NAA = Dugi 3 + NE (together)

DHIN / DHIK / DHAK = Strong DHE

KA / KE / KI = (L.s) Soft KHE

TIK / TAK / NAK / TIN = TING (together)

2) DADRA Taal – 6 matra / 12 matra → 2 beats

a) DHA DHI ↑NA ↑NA TIN ↑NA

b) DHIK DHI ↑NA ↑NA TIN ↑NA

c) DHA DHI ↑NA ↑NA TIN ↑NA ↑NA

d) (guru) DHA TETEE TETEE DHA DHI ↑NA

(laghu) TA TETEE TETEE TA TIN ↑NA

e) (guru) DHA DHENEE DHENEE DHA DHI ↑NA

(laghu) ↑NA THENEE THENEE ↑NA TIN ↑NA

f) (guru) DHA DHENEE DHENEE DHA DHI ↑↑NA

(laghu) ↑NA THENEE THENEE ↑NA TIN ↑↑NA

g) DHA DHI ↑NA ↑NA KHEKHE TETEE

Lesson 3: BHAJAN STYLE / DUGI STYLE (playing mantra)

FORMULA

NA = **TA** = **TI** = (R.s) Index finger corner open sound

NE = **TE** = **RE** = (R.s) Index finger middle closed sound
x

NE = **TEE** = (R.s) 3 fingers open sound (middle, ring, little)

↑
NA = (R.s) Index finger middle open sound

+
TE = **DA** =(R.s) 3 fingers middle closed sound (middle, ring, little)

DHA = Dugi 1 + TI (together)
DHE / DHI = Dugi 2 + NE (together)
x

NEE / NAA = Dugi 3 + NE (together)
DHIN / DHIK / DHAK = Strong DHE

GI / GE = (L.s) Only Dugi 1
GHE = (L.s) Only Dugi 1, but more STRONG

+
GURU = GHETETE GHENE (In dugi style play STRONG dugi 1 for GHE)

KA / KE / KI = (L.s) Soft KHE

TIK / TAK / NAK = TING (together)

2a) SMALL TIHAI (TIHAI = BREAK) – 2 beats (any can be played with the above mantras)

a) TATETEE TATETEE DHA X3

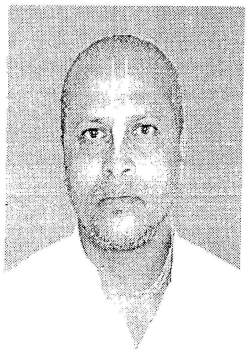
b) KETEETAK GEDAGHENE DHA X3

c) TAGURUGURU TAKETEE DHA X3

+ +
d) TATEREKETEE TATEREKETEE DHA X3

↑
e) TAGURUGURU TAKETEE DHINA X3

↑
f) TAGURUGURU TAGURUGURU DHINA X3



Lesson 3: BHAJAN STYLE / DUGI STYLE (playing mantra)

FORMULA

NA = TA = TI = (R.s) Index finger corner open sound

NE = TE = RE = (R.s) Index finger middle closed sound
x

NE = TEE = (R.s) 3 fingers open sound (middle, ring, little)

↑
NA = (R.s) Index finger middle open sound

+
TE = DA =(R.s) 3 finger middle closed sound (middle, ring, little)

DHA = Dugi 1 + TI (together)
GI / GE = (L.s) Only Dugi 1
GHE = (L.s) Only Dugi 1, but more STRONG

DHE / DHI = Dugi 2 + NE (together)
x

NEE / NAA = Dugi 3 + NE (together)
DHEI = NEE
DHIN / DHIK / DHAK = Strong DHE
GHI = DHI

NEDA = (L.s) NE + (R.s) DA
GEDA = (L.s) GE + (R.s) DA

TIK / TAK / NAK / TAT = TING (together)

+
GURU = GHETETE GHENE (In dugi style play STRONG dugi 1 for GHE)

KA / KE / KI = (L.s) Soft KHE
KHI = KHE

+
KHI = (L.s) Dugi no. 2

3) DASH PERE Taal – 16 matra / 8 matra / 4 matra →3 beats

a) Big Taal – 16 matra → 3 beats

GHIGHITA GHIGHITA DHIDHI DAGHI NEDA GEDA DHEI TA

GURUGURU NEDA GEDA DHIN TA # KHI KHI

b) Medium Taal – 8 matra → 3 beats

DHIN TAKI TETEETETEE TA
KIGURUGURU TATDHEI NEDA GEDA

c) Medium Taal – 8 matra → 3 beats

KHE KHENEDA GEDA GEDA DHEI TA TETEE TA

c1) KHE KHENEDA GEDA GEDA DHEI TA TETEETETEE TA

d) Big Taal – 16 matra → 3 beats

+ +
(guru) KHI KHI TETEE TA # TETEE TETEE TA
(laghu) KHE KHE TETEE TA # TETEE TETEE TA

e) Big Taal – 16 matra → 3 beats

+ + ↑ ↑ ↑ ↑
(guru) KHI KHI TETEE NANA # TETEE TETEE NANA

↑ ↑ ↑ ↑
(laghu) KHE KHE TETEE NANA # TETEE TETEE NANA

Lesson 3: BHAJAN STYLE / DUGI STYLE (playing mantra)

FORMULA

NA = TA = TI = (R.s) Index finger corner open sound

NE = TE = RE = (R.s) Index finger middle closed sound
x

NE = TEE = (R.s) 3 fingers open sound (middle, ring, little)

↑
NA = (R.s) Index finger middle open sound

+
TE = DA =(R.s) 3 finger middle closed sound (middle, ring, and little)

DHA = Dugi 1 + TI (together)
GI / GE = (L.s) Only Dugi 1
GHE = (L.s) Only Dugi 1, but more STRONG

DHE / DHI = Dugi 2 + NE (together)
x

NEE / NAA = Dugi 3 + NE (together)
DHEI = NEE
DHIN / DHIK / DHAK = Strong DHE
GHI = DHI

NEDA = (L.s) NE + (R.s) DA
GEDA = (L.s) GE + (R.s) DA

TIK / TAK / NAK / TAT / TIN = TING (together)

KA / KE / KI = (L.s) Soft KHE
KHI = KHE

4) TREE Taal – 16 matra / 8 matra →3 beats

a) Slow Taal – 16 Matra

DHA DHIN DHIN DHA DHA DHIN DHIN DHA

↑ ↑
NA TIN TIN NA TETEE DHIN DHIN DHA

b) Fast Taal - 8 Matra

↑ ↑
DHA DHIN DHIN DHA NA TIN TIN NA

5) SAOTALI Taal - 8 Matra → 3 beats

↑ ↑
DHI NAK DHI NA TA TETEE KHE NA

↑
Small Tihai : a) DHI NAK DHI NA DHA X3

↑
b) TA TETEE KHE NA DHA X3

6) LOFA Taal - 6 Matra (Padavali style) → 3 beats

DHI DHI DA GI TA KHI #

7) KHEMTA Taal (slow / fast style) - 6+6 = 12 Matra → 2 beats

↑ ↑
a) Slow (guru) DHIN TA NA KA DHI NA

↑ ↑
(laghu) TIN TA NA KA TIN NA

↑ ↑
Small Tihai : DHIN TANAKA DHINA DHA X3

Lesson 3: BHAJAN STYLE / DUGI STYLE (playing mantra)

FORMULA

NA = TA = TI = (R.s) Index finger corner open sound

NE = TE = RE = (R.s) Index finger middle closed sound
x

NE = TEE = (R.s) 3 fingers open sound (middle, ring, little)

↑
NA = (R.s) Index finger middle open sound

+
TE = DA =(R.s) 3 finger middle closed sound (middle, ring, little)

DHA = Dugi 1 + TI (together)
GI / GE = (L.s) Only Dugi 1
GHE = (L.s) Only Dugi 1, but more STRONG

DHE / DHI = Dugi 2 + NE (together)
x

NEE / NAA = Dugi 3 + NE (together)
DHEI = NEE
DHIN / DHIK / DHAK = Strong DHE
GHI = DHI

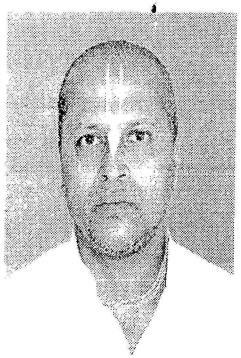
NEDA = (L.s) NE + (R.s) DA
GEDA = (L.s) GE + (R.s) DA

TIK / TAK / NAK / TAT / TIN = TING (together)

KA / KE / KI = (L.s) Soft KHE
KHI = KHE

THUN = same as TING (TI + NG played together) ***BUT*** the NG (left side) is a strong stroke in the middle with the PALM only, and the palm should bounce back, thus making an open sound.

KHEMTA Taal (continued)



7b) Fast (guru) DHIN TA NADHINA

(laghu) TIN TA NATINNA

Small Tihai : DHIN TANA DHINA DHA X3

8) TEORA Taal - 7 Matra → 1 + 1,2

a) DHA DHI NA TERE KETEE GEDA GHENE

b) DHA DHI NA NANA THUN NANA THUN

c) **Small Tihai** : TAKETEE TAKETEE DHA X3

9) JHAP Taal - 10 Matra → 1 + 1 beats

(guru) DHI NA DHI DHI NA

(laghu) TIN NA TIN TIN NA

Small Tihai : DHATREKETEE DAGHINE DHA X3

Lesson 4: KIRTAN STYLE / OPEN STYLE (Playing mantra)

FORMULA

TE = **TA** = (R.s) 3 fingers middle closed sound
NE = **TE** = **RE** = (R.s) Index finger middle closed sound

NE = **TEE** = (R.s) 3 fingers open sound (middle, ring, little)
TA = (R.s) 4 fingers open sound
(In open style you may play TI in place of TA)
TI = (R.s) Index finger corner open sound
TAA = (R.s) 4 fingers middle closed sound

NA = (R.s) Index finger open sound
KA / KE / KI / NG = (L.s) Soft KHE
GE / GI = (L.s) Open medium sound
GHE / GHI = (L.s) Open strong sound

DA = Play either TE or TE
DHA = (R.s) TA + (L.s) GE (together)

DHI / DHE = (R.s) TE + GHE (together)
DHIN / DHIK / DHAK = Strong DHI
JHA = (R.s) TA + (L.s) GHE (together)
NAKA = TING
TIK / TAK / NAK / TAT / TIN = TING (together)

TRE = TE + RE (together)
EI = # = PAUSE (Empty GAP. No sound)

The below mantra has to be played almost together with just a slight difference between 1st & 2nd beat.

NAHA = 1ST (L.s) KHE + 2ND (R.s) NA

NAHA = (L.s) GHE + (R.s) NA (together)

1) KAHARVA Taal – 8 matra / 4 matra → 3 beats

a) DHA GI TE TE NA KE DHI NA

a) DHA DHA TE TE NA KE DHI NA

b) DHIK TAKE EIKI DHAK (4 matra Fast)

c) DHIN DHI NA TRE KE TEE DHI NA

d) DHIK NA NAHA TIK NAHA NA (4 matra Fast)

e) DHIK TAKE EIKI DHAK DHIK TAK # #

f) DHA TETEE NAKA DHI NA (4 matra Fast)

Lesson 4: KIRTAN STYLE / OPEN STYLE (Playing mantra)

FORMULA

+ +
TE = **TA** = (R.s) 3 fingers middle closed sound
NE = **TE** = **RE** = (R.s) Index finger middle closed sound
x
NE = **TEE** = (R.s) 3 fingers open sound (middle, ring, little)
TA = (R.s) 4 fingers open sound
(In open style you may play TI in place of TA)
TI = (R.s) Index finger corner open sound
TAA = (R.s) 4 fingers middle closed sound

↑
NA = (R.s) Index finger open sound
KA / KE / KI / NG = (L.s) Soft KHE
GE / GI = (L.s) Open medium sound
GHE / GHI = (L.s) Open strong sound
GURU = GHETETEE GHETA **(as in the formula of HATUTI MANTRA – Hand Sadhana)**

+
DA = Play either TE or TE

+ +
DA = (R.s) TE + (L.s) GE (together)
DHA = (R.s) TA + (L.s) GE (together)

+
DHI / DHE = (R.s) TE + GHE (together)
DHIN / DHIK / DHAK = Strong DHI
JHA = (R.s) TA + (L.s) GHE (together)

TIK / TAK / NAK / TAT / TIN = TING (together)

EI = **#** = PAUSE (Empty GAP. No sound)

1a) SMALL TIHAI (TIHAI = BREAK) – 3 beats (any can be played with the above mantras)

+ +
a) DADHIN TEREKHETA JHA X 3

b) KHETATAK GEDAGHENE JHA X 3

c) GURUTAT JHA X 3

d) TAAGURUTAA NETAAKHETA JHA X 3

+
e) TEREKHETA JHA X 3

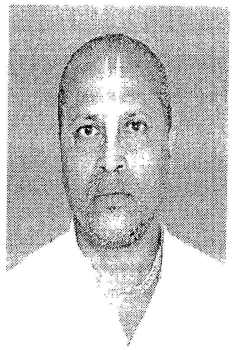
f) KHETAKHETA JHA X3

+ + ↑
g) TAGURUTAGURU DHINA X 3

h) KHIGURUGURU DAGHINE JHA X3

+
i) EI DHA TEREKHETA JHA X3

j) TAKTAK GEDAGHENE JHA X 3



Lesson 4: KIRTAN STYLE / OPEN STYLE (Playing mantra)

FORMULA

+ +
TE = **TA** = (R.s) 3 fingers middle closed sound
NE = **TE** = **RE** = (R.s) Index finger middle closed sound
x

NEE = (R.s) 3 fingers open sound (middle, ring, little)
NE = **TEE** = (R.s) 3 fingers open sound (middle, ring, little)
TA = (R.s) 4 fingers open sound
(In open style you may play TI in place of TA)
TI = (R.s) Index finger corner open sound
TAA = (R.s) 4 fingers middle closed sound

↑
NA = (R.s) Index finger open sound
KA / KE / KI / NG = (L.s) Soft KHE
GE / GI = (L.s) Open medium sound
GHE / GHI = (L.s) Open strong sound

+
DA = Play either TE or TE

DHA = (R.s) TA + (L.s) GE (together)

+
DHI = (R.s) TE + GHE (together)
DHIN / DHIK / DHAK = Strong DHI
JHA = (R.s) TA + (L.s) GHE (together)

TIK / TAK / NAK / TAT / TIN = TING (together)

DHE = (R.s) NE + (L.s) GHE (together)
x

2) DADRA Taal – 6 matra / 12 matra → 2 beats

a) DHA DHI ↑NA ↑NA TIN ↑NA

b) DHIK DHI ↑NA ↑NA TIN ↑NA

c) DHA DHIN ↑↑NANA ↑NA TIN ↑↑NANA

d) (guru) DHA TETEE TETEE DHA DHI ↑NA

(laghu) TAA TETEE TETEE TAA TIN ↑NA

e) (guru) DHA DHENEE DHENEE DHA DHI ↑NA

(laghu) ↑NA THENE THENE ↑NA TIN ↑NA

f) (guru) DHA DHENEE DHENEE DHA DHIN ↑↑NANA

(laghu) ↑NA THENE THENE ↑NA TIN ↑↑NANA

g) DHA DHI ↑NA ↑NA KHEKHE TETEE

Lesson 4: KIRTAN STYLE / OPEN STYLE (Playing mantra)

FORMULA

TE = **TA** = (R.s) 3 fingers middle closed sound
NE = **TE** = **RE** = (R.s) Index finger middle closed sound

NE = **TEE** = (R.s) 3 fingers open sound (middle, ring, little)
TA = (R.s) 4 fingers open sound
(In open style you may play TI in place of TA)
TI = (R.s) Index finger corner open sound
TAA = (R.s) 4 fingers middle closed sound

NA = (R.s) Index finger open sound
KA / KE / KI / NG = (L.s) Soft KHE
KHE / KHA = (L.s) Palm, middle closed sound
GE / GI = (L.s) Open medium sound
GHE / GHI = (L.s) Open strong sound
GURU = GHETETEE GHETA **(as in the formula of HATUTI MANTRA – Hand Sadhana)**

DA = Play either TE or TE

DA = (R.s) TE + (L.s) GE (together)
DHA = (R.s) TA + (L.s) GE (together)

DHI / DHE = (R.s) TE + (L.s) GHE (together)
DHIN / DHIK / DHAK = Strong DHI
JHA = (R.s) TA + (L.s) GHE (together)

2a) SMALL TIHAI (TIHAI = BREAK) – 2 beats (any can be played with the above mantras)

a) TATETEE TATETEE JHA X3

b) KHETATAKHA GEDAGHENE JHA X3

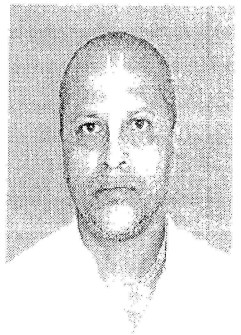
c) TAGURUGURU TAKETEE JHA X3

d1) TATEREKETEE TATEREKETEE DHA X3

d2) NATEREKETEE NATEREKETEE DHA (fast) X3

e) TAGURUGURU TAKETEE DHINA X3

f) TAGURUGURU TAGURUGURU DHINA X3



Lesson 4: KIRTAN STYLE / OPEN STYLE (Playing mantra)

FORMULA

+ +
TE = **TA** = (R.s) 3 fingers middle closed sound
NE = **TE** = **RE** = (R.s) Index finger middle closed sound
x
NE = **TEE** = (R.s) 3 fingers open sound (middle, ring, little)
TA = (R.s) 4 fingers open sound
(In open style you may play TI in place of TA)
TI = (R.s) Index finger corner open sound
TAA = (R.s) 4 fingers middle closed sound

↑
NA = (R.s) Index finger open sound
KA / KE / KI / NG = (L.s) Soft KHE
KHE / KHA / KHI = (L.s) Palm, middle closed sound
GE / GI = (L.s) Open medium sound
GHE / GHI = (L.s) Open strong sound
GURU = GHETETEE GHETA (***as in the formula of HATUTI MANTRA – Hand Sadhana)***

+
DA = Play either TE or TE

+ +
DAD = **DA** = (R.s) TE + (L.s) GE (together)
DHA = (R.s) TA + (L.s) GE (together)

+
DHI / DHE = (R.s) TE + (L.s) GHE (together)
DHIN / DHIK / DHAK = Strong DHI
JHA = (R.s) TA + (L.s) GHE (together)

TIK / TAK / NAK / TAT / TIN = TING (together)
EI = # = PAUSE (Empty GAP. No sound)

3) DASH PERE Taal – 16 matra / 8 matra / 4 matra →3 beats

a) Medium Taal – 8 matra → 3 beats

DHIN TAAKHI TETEETETEEE TAA
KHIGURUGURU TATDHEI GEDA GEDA

b) Medium Taal – 8 matra → 3 beats

KHE KHE NEDA GEDA GEDA DHEI TAA TETEE TAA

b1) KHE KHE NEDA GEDA GEDA DHEI TAA TETEETETEE TAA

c) Big Taal – 16 matra → 3 beats

(guru) GHE GHE TETEE TAA # TETEE TETEE TAA
(laghu) KHE KHE TETEE DHA # TETEE TETEE TAA

d) Big Taal – 16 matra → 3 beats

↑ ↑ ↑ ↑
(guru) GHE GHE TETEE NANA # TETEE TETEE NANA

↑ ↑ ↑
(laghu) KHE KHE TETEE DHANA # TETEE TETEE NANA

e) Small Taal – 4 matra → 3 beats

JHA TAAKHI NAK TAA KHI GURUGURU DAD JHA

Lesson 4: KIRTAN STYLE / OPEN STYLE (Playing mantra)

FORMULA

TE = **TA** = (R.s) 3 fingers middle closed sound
NE = **TE** = **RE** = (R.s) Index finger middle closed sound

NE = **TEE** = (R.s) 3 fingers open sound (middle, ring, little)
TA = (R.s) 4 fingers open sound
(In open style you may play TI in place of TA)
TI = (R.s) Index finger corner open sound
TAA = (R.s) 4 fingers middle closed sound

NA = (R.s) Index finger open sound
KA / KE / KI / NG = (L.s) Soft KHE
GE / GI = (L.s) Open medium sound
GHE / GHI = (L.s) Open strong sound
GURU = GHETETEE GHETA

DA = Play either TE or TE

DA = (R.s) TE + (L.s) GE (together)
DHA = (R.s) TA + (L.s) GE (together)

DHI / DHE = (R.s) TE + (L.s) GHE (together)
DHIN / DHIK / DHAK = Strong DHI
JHA = (R.s) TA + (L.s) GHE (together)

TIK / TAK / NAK / TAT / TIN = TING (together)

EI = # = PAUSE (Empty GAP. No sound)

3a) SMALL TIHAI (TIHAI = BREAK) – 3 beats (any can be played with the above mantras)

a) DADHIN TEREKHETA JHA X 3

b) KHETATAK GEDAGHENE JHA X 3

c) GURUTAT JHA X 3

d) TAAGURUTAA NETAAKHETA JHA X 3

e) TEREKHETA JHA X 3

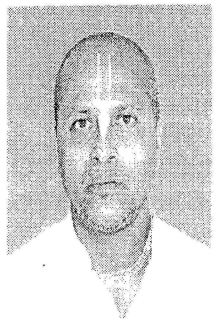
f) KHETAKHETA JHA X3

g) TAGURUTAGURU DHINA X 3

h) KHIGURUGURU DAGHINE JHA X3

i) EIDHA TEREKHETA JHA X3

j) TAKTAK GEDAGHENE JHA X 3



Lesson 4: KIRTAN STYLE / OPEN STYLE (Playing mantra)

FORMULA

TE = **TA** = (R.s) 3 fingers middle closed sound
NE = **TE** = **RE** = (R.s) Index finger middle closed sound

NE = **TEE** = (R.s) 3 fingers open sound (middle, ring, little)
TA = (R.s) 4 fingers open sound
(In open style you may play TI in place of TA)
TI = (R.s) Index finger corner open sound
TAA = (R.s) 4 fingers middle closed sound

NA = (R.s) Index finger open sound
KA / KE / KI / NG = (L.s) Soft KHE
KHE / KHA / KHI = (L.s) Palm, middle closed sound
GE / GI = (L.s) Open medium sound
GHE / GHI = (L.s) Open strong sound
GURU = GHETETEE GHETA **(as in the formula of HATUTI MANTRA – Hand Sadhana)**

DA = Play either TE or TE

DAD = **DA** = (R.s) TE + (L.s) GE (together)
DHA = (R.s) TA + (L.s) GE (together)

DHI / DHE = (R.s) TE + (L.s) GHE (together)
DHIN / DHIK / DHAK = Strong DHI
JHA = (R.s) TA + (L.s) GHE (together)

TIK / TAK / NAK / TAT / TIN = TING (together)
EI = # = PAUSE (Empty GAP. No sound)

4) TREE Taal – 16 matra / 8 matra →3 beats

a) Slow Taal – 16 Matra

DHA DHIN DHIN DHA DHA DHIN DHIN DHA

NA TIN TIN NA TETEE DHIN DHIN DHA

b) Fast Taal - 8 Matra

DHA DHIN DHIN DHA NA TIN TIN NA

5) SAOTALI Taal - 8 Matra → 3 beats

DHI NAKA DHI NA TA TE TEE KHE NA

Small Tihai : a) DHI NAK DHINA JHA X3

b) TA TETEE KHENA JHA X3

6) LOFA Taal - 6 Matra (Padavali style) → 3 beats

DHI DHI DA GI TAA KHI #

7) KHEMTA Taal (slow / fast style) - 6+6 = 12 Matra → 2 beats

a) Slow (guru) DHIN TA NA KA DHI NA

(laghu) TIN TA NA KA TIN NA

Small Tihai : DHIN TA NAKA DHINA JHA X3

Lesson 4: KIRTAN STYLE / OPEN STYLE (Playing mantra)

FORMULA

TE = **TA** = (R.s) 3 fingers middle closed sound
NE = **TE** = **RE** = (R.s) Index finger middle closed sound

NE = **TEE** = (R.s) 3 fingers open sound (middle, ring, little)
TA = (R.s) 4 fingers open sound
(In open style you may play TI in place of TA)
TI = (R.s) Index finger corner open sound
TAA = (R.s) 4 fingers middle closed sound

NA = (R.s) Index finger open sound
KA / KE / KI / NG = (L.s) Soft KHE
KHE / KHA / KHI = (L.s) Palm middle closed sound
GE / GI = (L.s) Open medium sound
GHE / GHI = (L.s) Open strong sound

DA = Play either TE or TE

DAD = **DA** = (R.s) TE + (L.s) GE (together)
DHA = (R.s) TA + (L.s) GE (together)

DHI / DHE = (R.s) TE + GHE (together)
DHIN / DHIK / DHAK = Strong DHI
JHA = (R.s) TA + (L.s) GHE (together)

TIK / TAK / NAK / TAT / TIN = TING (together)
EI = # = PAUSE (Empty GAP. No sound)

THUN = same as TING (TI + NG played together) ***BUT*** the NG (left side) is a strong stroke in the middle with the PALM only, and the palm should bounce back, thus making an open sound.

KHEMTA Taal (continued)

7b) Fast (guru) DHIN TA NADHINA

(laghu) TIN TA NATINNA

Small Tihai : DHIN TANA DHINA JHA X3

8) TEORA Taal - 7 Matra → 1 + 1,2

a) DHA DHI NA TERE KETEE GEDA GHENE

b) DHA DHI NA NANA THUN NANA THUN

c) **Small Tihai** : TAKHETA TAKHETA JHA X3

9) JHAP Taal - 10 Matra → 1 + 1 beats

(guru) DHI NA DHI DHI NA

(laghu) TIN NA TIN TIN NA

Small Tihai : DHATREKETEE DAGHINE JHA X3

24 HOURS MAHA-MANTRA – PLAYING MANTRA (Bengali Style)

KIRTAN STYLE, OPEN STYLE *(SITTING-DOWN STAGE-PERFORMANCE)*

FORMULA

DAD = **DA** = (R.s) TE + (L.s) GE (together)
GHE / GHI / DHE = (L.s) Open strong sound
NE = **NA** = **TA** = (R.s) 4 fingers open sound
NAK / TAT / NAK = (R.s) TE + (L.s) KHE (together)

JHA = (R.s) TA + (L.s) GHE (together)
JHEN = strong JHA
GURUGURU = GHETETEE GHETA (X2)
TAA / TE / DA = (R.s) 4 fingers closed sound
KHI = KHE

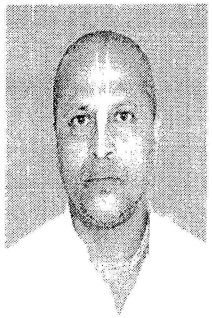
DHEI = NAOW (TA up + GE up together)
KHE / KHI= open style KHE (*like in THUN*)

DHIN =(R.s) TE + (L.s) GHE but STRONG sound

EI / # = PAUSE
KATH = 1st: (L.s) **KA** (soft KHE) + 2nd: (R.s) **TE**

0) DAD DAD DAD GEDAGHENE DAD DAD DAD GEDAGHENE

GHENEDADA GHENEDADA GHENEDADHE NAKGURUGURU (+ small Tihai)



2) Small Tihai

a) DADHIN TEREKHETA JHA X3
b) KHETATAK GEDAGHENE JHA X3
c) GURUTAK JHA X3
d) TAK TAK TAK JHA X3

1) Jamati – 32 matra – 3 beats (open)

JHA # TA KHI TA GURUGURU JHEN DA JHA GURUGURU JHEN DA JHEN DA JHEN DA JHA # TA KHI TA GURUGURU JHEN DA JHA GURUGURU TAT TA GURUGURU TAT TA DAD DAD DAD DAD (+ small Tihai)

3) DAD DHENE NAKADHENE DHENENAKA DHENEDHENE DA DHEI TERETERE KHETATAAKHI TEREKHETA DA DHEI TERETERE KHETATAAKHI TEREKHETA (+ small Tihai)

4) JHA GURUGURU DADHE EIDHI NAK JHA GURUGURU DADHE EIDHI NAK JHA GURUGURU DADHE EIDHI NAK # DAD DAD (+ small Tihai)

5) JHA GURUGURU DAGHINE JHA GURUGURU DAGHINE JHA GURUGURU DAGHINE DAGHINE DAGHINE (+ small Tihai)

6) TERE KHETA KHETA TAAKHI TERE KHETA TERE KHETA KHETA TAAKHI TERE KHETA

TERE KHETA KHETA TAAKHI TERE KHETA GEDA GEDA GEDA GEDA (+ small Tihai)

24 HOURS MAHA-MANTRA – PLAYING MANTRA (Bengali Style)

KIRTAN STYLE, OPEN STYLE (SITTING-DOWN STAGE-PERFORMANCE)

FORMULA

+
DAD = **DA** = (R.s) TE + (L.s) GE (together)
GHE / GHI / DHE = (L.s) Open strong sound
NE = **NA** = **TA** = (R.s) 4 fingers open sound
NAK / TAT / NAK = (R.s) TE + (L.s) KHE (together)

JHA = (R.s) TA + (L.s) GHE (together)
JHEN = strong JHA
GURUGURU = GHETETEE GHETA (X2)
TAA / TE / DA = (R.s) 4 fingers closed sound
KHI = KHE

↑ ↑
DHEI = NAOW (TA up + GE up together)
KHE / KHI= open style KHE (*like in THUN*)
x x

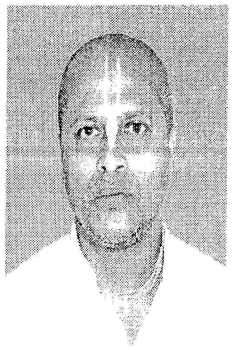
DHIN = (R.s) TE + (L.s) GHE, but strong sound

EI / # = PAUSE
KATH = 1st: (L.s) **KA** (soft KHE) + 2nd: (R.s) **TE**

7) DHEI TAAKHI TERE KHETA DHEI TAAKHI TERE KHETA DHEI TAAKHI
TERE KHETA GEDA GEDA GEDA GEDA (+ END Tihai)

END TIHAI

8) TAK TAK GEDA GHENE TAK TAK GEDA GHENE JHA KATH
TAK TAK GEDA GHENE TAK TAK GEDA GHENE JHA KATH
TAK TAK GEDA GHENE TAK TAK GEDA GHENE JHA KATH



STANDUP MANTRA - 3 BEATS (OPEN STYLE) - *standing-up stage-performance*

FORMULA

DA / TAA / TE = (R.s) 4 fingers closed sound
DHI = (L.s) GHE + (R.s) TE (together)
DHA = (L.s) GHE + (R.s) TA (together)
DHE = (L.s) GHE + (R.s) TE (together)
x

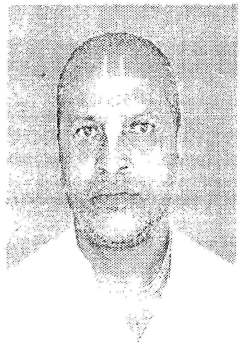
GHE / GHI = (L.s) Open strong sound
JHE = GHE
GE = (L.s) open medium sound
TEE = (R.s) 3 fingers open sound
NAK / TAT / NAK = (R.s) TE + (L.s) KHE

+
TA = TI (like in TING)

↑
NE = (R.s) index open sound
TE = NE = (R.s) index finger closed sound
x x

DHEIA = DHEI + A (=TE)
x

JHINI = JHI (TA up) + GHE (together) + NI (=A)
EI / # = PAUSE



1) DHEI TAT DHEI DADHEINAK DHENEDHENE DHA DHENE DHENE DHENE DHA DHENE JHA GURUGURU DHA DHENE DAD DHEI TA GURUGURU TATATAAKHI TA GURUGURU TATATAAKHI DAGURUGURUDAGURUGURU

1A) DHINAGURUGURU DAGURUGURU DHINA DHINAGURUGURU DAGURUGURU DHINA DHINAGURUGURU DAGURUGURU DHINA TAKTAK GEDAGHENE TAKTAK GEDAGHENE JHAGURUGURU DADDADDADDADDHEI JHAGURUGURU TAKTAK GEDAGHENE TAKTAK GEDAGHENE JHAGURUGURU DADDADDADDADDHEI JHAGURUGURU TAKTAK GEDAGHENE TAKTAK GEDAGHENE

2) (guru) DAD DHENE NEDHADHENE DAD DHENE NEDHADHENE DAD DHENE NEDHADHENE DADDHENEDHE NEDHADHENE
(laghu) TAT THENE NETHATHENE TAT THENE NETHATHENE TAT THENE NETHATHENE TATTHENETHE NETHATHENE

+ +
3) DHA TETEETA TETEETA TETEE DADHE NEDHE
x x x

↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑
4) DHANENENE TAANENENE TAANENENE TAADHANENE DHANENENE

↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑
TAANENENE TAANENENE TAADHANENE

Play either (4Ai) or (4Aii) sometimes after mantras 3 & 4
4Ai) DHA DHA DHA EIDHA DHA NEDHA TEREKETA X1

4Aii) DAGURUGURU DAGURUGURU DHEIA TAANETAA KHETA DHEIA TAANETAA KHETA JHAGURUGURU DAD DAD DAD DAD DHEI TAAKHI TAAKHI TAAKHI TAAKHI JHA JHENAKE JHINI JHA JHENAKE JHINI JHA JHENAKE JHINI GURUTAT JHA GURUTAT JHA GURUTAT JHA

5) DADHE NETAA KHETEE NETAA KHETEE NETAA GENE DAGURUGURU
x x x x

STANDUP MANTRA - 3 BEATS (OPEN STYLE)

FORMULA

KHE / KHI= open style KHE (*like in THUN*)

TA = TI (like in TING)

DERE = DE (R.s-TE + L.s-GE – together) **+** RE (R.s-thumb finger)

KRE / TRE = TE + RE

DHAT = TE + GE closed (together)

THEIA = TEIA (laghu for DHEIA)

DA / TAA / TE = (R.s) 4 fingers closed sound

DHI = (L.s) GHE + (R.s) TE (together)

DHA = (L.s) GHE + (R.s) TA (together)

DHE = (L.s) GHE + (R.s) TE (together)

GHE / GHI = (L.s) Open strong sound

JHE = GHE

GE = (L.s) open medium sound

TEE = (R.s) 3 fingers open sound

NAK / TAT / NAK = (R.s) TE + (L.s) KHE

EITH / # = PAUSE

TE = NE = (R.s) index closed sound

TITH = (R.s) CLOSED SOUND. Index finger presses down on middle finger, then you release it so it strikes the middle of the right-side.

Formulas for Dugi style only

DAD = (R.s) TE + (L.s) dugi no.1 (together)

GHI = NE + dugi no.2 (together)

TREKE = (R.s) **TE** + **RE**(=index finger closed sound) + **KE** (= 3 fingers open sound) – **together**

6) JHA TAA KHETATAAKHI TEREKHETA KHETATAAKHI TEREKHETA GENEGEDA
GURUGURUJHA TERETERE GENEGEDA GURUGURUJHA TERETERE GENEGEDA
GURUGURU

7) (guru) GHENADERE GHENADERE GHENADERE GHENADERE
(laghu) KHENATERE KHENATERE KHENATERE KHENATERE

8) DHAKRE TETEE TAAKRE TETEE TAAKRE TETEE TAAKRE TETEE

9) DHA TETEETA TETEETA TETEE DADHE NEDHE

10) DAGURUGURU DAGURUGURU DAGURUGURU DHINA DHINA DHINA DHINA DHINA
DHINA DAGURUGURU DAGURUGURU DHINA DHINA DHINA DAGURUGURU DAGURUGURU
DHINA DHINA DHINA DHINA DAGURUGURU DAGURUGURU DHADHADHEI DHADHADHEI
DHADHADHEI DHADHADHEI DHADHEI DHADHEI DHADHEI

(guru) DHEI TAATAA KHETA (laghu) THEI TAATAA KHETA (X3)

11) (guru) JABA (QUESTION) – (laghu) JABI (ANSWER)

a) (g) DHAGURUGURU DHAGURUGURU DHAGURUGURU DHEIA
(l) TAAGURUGURU TAAGURUGURU TAAGURUGURU THEIA

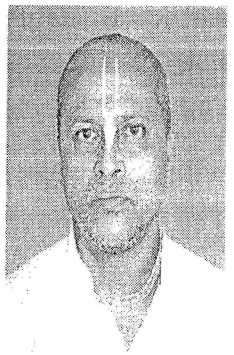
b) (g) DHAGURUGURU DHEIA
(l) TAAGURUGURU THEIA

c) (g) EITH DHADHEI TATETEE THEIA
(l) EITH TAATHEI TATETEE THEIA

d) (g) DHADHEI TATETEE TEIA
(l) TAATHEI TATETEE TEIA

e) (g) GURUDHAT TETEE TATETEE THEIA
(l) GURUTHAT TETEE TATETEE THEIA

f) (g) GURUDHAT GURUDHAT GURUDHAT TETEE TATETEE THEIA
(l) GURUTHAT GURUTHAT GURUTHAT TETEE TATETEE THEIA



STANDUP MANTRA - 3 BEATS (OPEN STYLE)

DUGI STYLE

AFTER (11) JABA-JABI, NOW PLAY:

a) (guru) DHEI TAATAA KHETA (laghu) THEI TAATAA KHETA (X3)
b) TIHAI (any tihai)
c) RELA
d) GEDA GEDA GEDA DHEI GEDA GEDA GEDA DHEI DHAT DHAT DHAT DHAT
e) BILAMBITO THEKA

12) BILAMBITO THEKA – (dugi)

TITH TITH TA TITH TITH TA TITH TITH TA KHI KHI #
TETEEDHA TETEEDHA TETEEDHA TETEEDHA

Again play RELA
Again play BILAMBITO THEKA

13) RELA (dugi)

a) (g) DAD DHENEE NEDHA DHENEE DAD DHENEE NEDHA DHENEE DAD DHENEE NEDHA DHENEE DADHE NEDHE NEDHA DHENEE
(l) TAT THENEE NETHA THENEE TAT THENEE NETHA THENEE TAT THENEE NETHA THENEE TATHE NETHE NETHA THENEE

b) (g) DAD DAGHI TREKE DHENEE DADHIN TREKE DHENEE DHENEE DADHIN TREKE DHENEE DHENEE
(l) TAT TAAKHI TREKE THENEE DADHIN TREKE THENEE THENEE DADHIN TREKE THENEE THENEE

c) (g) DAD DAGHI TREKE DHENEE DAGHI TREKE DHENEE DHENEE DHEIA TAA NETAA KHETA DAGHI TERE TERE KHETA TAAKHI TERE KHETA
(l) TAT TAAKHI TREKE THENEE DAGHI TREKE THENEE THENEE DHEIA TAA NETAA KHETA DAGHI TERE TERE KHETA TAAKHI TERE KHETA

d) (g) DHA TETEE NAKADHENEE DHENEENAKA DHENEEDHENEE DADHENEEDA DHENEEDHENEE DHENEE DADHE NEDADHENEE
(l) THA TETEE NAKATHENEE THENEENAKA THENEETHENEE TATHENEETA THENEETHENEE THENEETATHE NETHATHENEE

e) (g) DHA TETEE NAKADHENEE DHENEENAKA DHENEEDHENEE
(l) THA TETEE NAKATHENEE THENEENAKA THENEETHENEE

RELA (dugi)- continued

f) (g) DADHE NEDA DHENEE DHENEE DHENEE DADHE NEDA DHENEE
(l) TATHE NETA THENEE THENEE THENEE TATHE NETA THENEE

g) (g) DADHENEE DADHENEE
(l) TATHENEE TATHENEE

h) (g) DADHENEE
(l) TATHENEE

After playing RELA and BILAMBITO THEKA twice or thrice, now play:

a) TREE TAAL (3 beats, 16 matra)
b) DADRA TAAL (2 beats, 6 matra)
c) *BILAMBITO THEKA* (3 beats, 16 matra)

13A) (open)
DHEIA DHEIA DHEIA DADHEIA TERETERE KHETATAAKHA TEREKHETA DADHI TEREKHETA JHA DADHI TEREKHETA JHA DADHI TEREKHETA JHA

MADHYAM LAYA TAL (can be played in Dugi or Open style)

FORMULA

NAD = (L.s) GE (closed) + (R.s) TE (together)

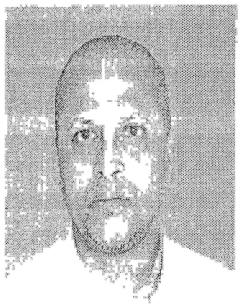
DHEI = NAOW (TA up + GE up together)

DHEIA = DHEI + A (=TE)

KHI = KHE or Dugi no.2
NE = (R.s) 3 fingers open
DA = TE (R.s - 4 fingers middle closed sound)
DHE = (R.s) TE + (L.s) GHE (together)

THE = (R.s) NE + (L.s) KHE (together)

DA / DE = TE + GE (together)



1) DIMA (slow playing) – 16 Matra

(g) DEDE DA DHE NAD DHEI NAD DHEI NAD DHEI
(l) TETE TA THE NAT TEI NAT TEI NAT TEI

2) *MADHYAM LAYA – 16 matra*

JHA GURUGURU DAD DHENE DAD DHENE DAD DHENE
DADHE NEDHE NEDHA DHENE THENE TATETEE TATETEE

3) Sometimes play no.3 but only on *KRISHNA KRISHNA HARE HARE* or *RAMA RAMA HARE HARE*

DHINA DHINA DHINA DADDHEI TERETERE KHETATAAKHI TEREKHETA
DADHIN TEREKHETA JHA DADHIN TEREKHETA JHA DADHIN TEREKHETA JHA

4) Sometimes play various 32-MATRA TIHAI but only on *HARE RAMA HARE RAMA* *then back to no.1*

5) KAHARVA TAL – slow speed playing

DHIK TAKE EIKI DHAK DHIK TAK # #

{BUT on *HARE RAMA* play very fast speed KAHARVA TAL}

6) DOLAN MANTRA (Dolan = dancing) – fast playing

KHI KHI NETA # TETEE TA # TETEE TA # TETEE TA

7) JHUMUR TAL (faster)

(g) DEDEDE DADHEI DADHEI DHEIA
(l) TETETE TATEI TATEI TEIA

8) JHA GURUGURU DAGHI NE (X3) DAGHINE DAGHINE (faster)

END MANTRA

9) TA DA GHE (fastest)

32-MATRA TIHAI (can be played in Dugi or Open style. Often the two styles are mixed. For Dugi style formula refer *also* to the formula in pages 9-15)

(Underline or commas only *help* with rythm, they don't designate division of matras. One matra is a group of letters without spacing).

FORMULA

+

TO {**DHE** = (R.s) TE + (L.s) GHE (together)
GE {**RE** = (R.s) index finger closed sound
THER {**TI** = (R.s) 3 fingers open sound (middle, ring, small)
DHERE = same formula as for DHERETI
DHERETI = guru style
TERETI = laghu style
DHE = (R.s) NE + (L.s) GHE (together)

x

DHA = (R.s) TA + (L.s) GE (together)

+ +

DA = **DAD** = (R.s) TE + (L.s) GHE (together)

+

(Whenever it's difficult to play DA use the 'simple' DA)

DA = TE {(R.s) 4 fingers middle closed sound}
JA = GE
GHI = GHE or Dugi no.2
KATH = 1ST: (L.s) KHE + 2nd: (R.s) TE
TEE = (R.s) 3 fingers open sound

+

TE = (R.s) 3 fingers middle closed sound

+

TEE = (R.s) index finger closed sound

+

DHAK / DHIK / DHIN = (R.s) TE + (L.s) GHE (together)

↑ ↑

DHEI / JHEI = same as NAOW (together)
GREDHEN = (**left side only**): 1ST: right hand GE + 2nd: left hand GE + 3rd: right hand GE
KRAN =(**right side only**):1st: left hand TA + 2nd:right hand TA
GHERE = 1st: (L.s) GHE + 2nd: (R.s) thumb finger
NAG = 1st: (R.s) NA (= TA open) + 2nd: (L.s) GE
DHET = 1st: (L.s) GE closed + 2nd: (R.s) TE

+

1) DHERETI DHERETI DHERE DAGHI TERETERE KHETA TAAKHI TEREKHETA

+

TERETI TERETI TERETAA TERETERE KHETATAK TEREKHETA DADHIN TERETERE KHETA TAAKHI TEREKHETA TERETERE KHETA TAAKHI

+ + +

TEREKHETA DADHIN TEREKHETA JHA DADHIN TEREKHETA JHA DADHIN TEREKHETA JHA

+ +

2) DHA,TETEE NAKADHENE DHENENAKA DHENEDHENE DADHENEDA

x

+ +

DHENEDHENE DHENEDADHE NEDADHENE THA,TETEE NAKATHENE THENENAKA

x

THENETHENE TATHENETA THENETHENE THENETATHE NETATHENE DHA,TETEE

x

NAKADHENE DHENENAKA DHENEDHENE DHA KATH DHA,TETEE NAKADHENE

x

DHENENAKA DHENEDHENE DHA KATH DHA,TETEE NAKADHENE DHENENAKA

x

DHENEDHENE

+ +

3) DAD DAGHI TREKEDHENE DAGHI TERETERE KHETATAAKHI TEREKHETA

↑ ↑ ↑ ↑ ↑ ↑ +

THUN NANANA NANANA DAGHI TERETERE KHETATAAKHI TEREKHETA DHERETERE KHETATAK DHERETERE KHETATAK JHA KATH DHERETERE KHETATAK DHERETERE KHETATAK JHA KATH DHERETERE KHETATAK DHERETERE KHETATAK JHA KATH

4) DADDAGHI TREKEDHENE DADHIN TREKE DHENE DHENE DADHIN
TREKE DHENE DHENE DADHIN TREKE DHENE DHENE JHA TERETERE
KHETA TAAKHI TEREKHETA DHADHIN TERETERE KHETATAK
TEREKHETA DADHIN TEREKHETA JHA DADHIN TEREKHETA JHA
DADHIN TEREKHETA JHA

5) JAJAJAJHEI TERETERE TERETERE KHETATAAKHI TEREKHETA
DAD,DHEI TERETERE KHETA TAAKHI TEREKHETA DAD,DHEI
TERETERE KHETA TAAKHI TEREKHETA JHA TERETERE
KHETATAAKHI TEREKHETA DADDHEI TERETERE KHETATAK
TEREKHETA DADHIN TEREKHETA JHA DADHIN TEREKHETA JHA
DADHIN TEREKHETA JHA

6) DHERETI DHERETI TERETI TERETI TERE TERE TERE DADDHEI
TERE KHETAK DAGHINE DADDHEI TERE KHETAK DAGHINE
GREDHEN TAKITI TAKTAK TA JHA KATH GREDHEN TAKITI
TAKTAK TA JHA KATH GREDHEN TAKITI TAKTAK TA JHA KATH

7) JAJA JAJHEI TERETERE KHETATAAKHI TEREKHETA
JAJA JAJHEI TERETERE KHETATAAKHI TEREKHETA TERETERE
KHETATAAKHI TEREKHETA JHA JHA JHA JHA TEREKHETA
GEDAGHENE TAK,TAK TAK,JHA KATH TEREKHETA GEDAGHENE
TAK,TAK TAK,JHA KATH TEREKHETA GEDAGHENE TAK,TAK
TAK,JHA KATH

8) TETEEKATA GEDAGHENE JHA TETEEKATA GEDAGHENE JHA
TETEEKATA GEDAGHENE JHA JHA JHA TETEEKATA
GEDAGHENE JHA TETEEKATA GEDAGHENE JHA TETEEKATA
GEDAGHENE JHA JHA JHA TETEEKATA GEDAGHENE JHA
TETEEKATA GEDAGHENE JHA TETEEKATA GEDA GHENE JHA

9) TEREKHETA DHEI NAK DHEI DHEI TEREKHETA DHEI TAA
TEREKHETA DHEI NAK DHEI DHEI TEREKHETA DHEI TAA
TEREKHETA DHEI NAK DHEI DHEI TEREKHETA DHEI TAA
GREDHEN TAKITI JHA GREDHEN TAKITI JHA GREDHEN TAKITI

10) TAA KRANDHA KHETAK DAGHINE TAKJHENA KHETA
GREDHEN TAA KHETAK DAGHINE GREDHEN TAA
KHIKHI TETEE KHIKHI TETEE KHIGURUGURU DAGHINE JHA
KHIGURUGURU DAGHINE JHA KHIGURUGURU DAGHINE
KHIGURUGURU DAGHINE JHA KHIGURUGURU DAGHINE JHA
KHIGURUGURU DAGHINE

11) KATH TETEE GEGHE TETEE KATH TETEE GEGHE TETEE
KATAKATA GEGHETETEE KATA GEGHE,TETEE KATA
GEGHETETEE KHIKHITETEE KHIKHITETEE GEGHETETEE
TAAKRANDHA KHETATAK GEDA GHENE JHA TAAKRANDHA
KHETATAK GEDA GHENE JHA TAAKRANDHA KHETATAK
GEDA GHENE JHA

12) GREDHEN TAKITI TAK KRANDHA KHETAK DAGHINE GREDHEN TAA GREDHEN GREDHEN GREDHEN TAA KHETAK DAGHINE GREDHEN TAA KHIGURUGURU DAGHINE JHA KHIGURUGURU DAGHINE JHA KHIGURUGURU DAGHINE KHIGURUGURU DAGHINE JHA KHIGURUGURU DAGHINE JHA KHIGURUGURU DAGHINE

13) GURU TAT JHA GURU TAT JHA GURU TAT GURU TAT JHA GURU TAT JHA GURU TAT GURU TAT JHA GURU TAT JHA GURU TAT GURU TAT JHA GURU TAT JHA GURU TAT

14) GURU TAT TAT TAT TATJHA KATH GURU TAT TAT TAT TATJHA KATH GURU TAT TATTAT TAT GURU TAT TATTAT TAT JHA KATH GURU TAT TATTAT TAT JHA KATH GURU TAT TATTAT TAT

15) DHAGURUGURU TAA NETA KHETA JHA KATH DHAGURUGURU TAA NETA KHETA JHA KATH DHAGURUGURU TAA NETA KHETA DHAGURUGURU TAA NETA KHETA JHA KATH DHAGURUGURU TAA NETA KHETA JHA KATH DHAGURUGURU TAA NETA KHETA

16) DAGURUGURU TAA GEDA KHETA DAGURUGURU TAA GEDA KHETA DAGURUGURU TAA GEDA KHETA DAD DAD DAD DAD DAGURUGURU TAA GEDA KHETA DAGURUGURU TAA GEDA KHETA DAD DAD DAD DAD

17) DAGURUGURU TAA GEDA KHETA DAD DAD DAGURUGURU TAA GEDA KHETA DAD DAD DAGURUGURU TAA GEDA KHETA DAGURUGURU TAA GEDA KHETA DAD DAD DAGURUGURU TAA GEDA KHETA DAGURUGURU TAA GEDA KHETA DAD DAD DAGURUGURU TAA GEDA KHETA

18) DAGURUGURU TAA GEDA KHETA DAGURUGURU TAA GEDA KHETA JHA KHI KHI DAGURUGURU TAA GEDA KHETA DAGURUGURU TAA GEDA KHETA JHA KHI KHI DAGURUGURU TAA GEDA KHETA DAGURUGURU TAA GEDA KHETA JHA KHIKHI

19) KATH TETEE GEGHE TETEE GHERE NAG NAG NAG NAG GEGHE TETEE GEGHE TETEE NAG NAG JHA JHA TERETERE KHETA TAAKHI TEREKHETA DADHEI TERETERE DADHIN TEREKHETA JHA DADHIN TEREKHETA JHA DADHIN TEREKHETA JHA

20) DHET,DHENE NAKADHENE DHETTAA DAGHI TERETERE KHETA TAAKHI TEREKHETA DADHEI TERETERE KHETA TAAKHI TEREKHETA TERETERE KHETA TAAKHI TEREKHETA TEREKHETA GEDAGHENE TAK,TAK TAKJHA KATH TEREKHETA GEDAGHENE TAK,TAK TAKJHA KATH TEREKHETA GEDAGHENE TAK,TAK TAKJHA KATH

PADABALI KIRTAN MANTRA (Open Style)

FORMULA

DHOW = NAOW together
TAT = (L.s) GE closed + (R.s) TE
NERE = TERE

NE = (R.s) thumb finger middle closed sound

NAK = (R.s) TA + (L.s) soft KHE (together)

NA / NE = TA

DE = DA

TE = (R.s) 3 fingers middle closed sound

TEE = (R.s) index finger closed sound

PRONAMI MANTRA – 16 MATRA

1) DHOW,KHETA TAT,DHOW TATA,KHETA GHENE,DADA DAGHINE,TAA GHENAOW
GURUGURU TAKHI,TAKHI,TAA GURUGURU TAKHI,TAKHI,TAA GURUGURU DHEI
TAADHEI DAD DADHEI NAKHETA,JHA *(play no.1 three times)*

2) GHE NERE GHE NA JHA GHE NERE GHE NA JHA GHE NA JHA

HATUTI

3) GHENENERE GHENENAOW TEREKHETA TINGTAAKHA TEREKHETA KHENENERE
KHENENAOW TEREKHETA TINGTAAKHA TEREKHETA DA DHEI TERETERE
KHETATAAKHI TEREKHETA DA DHEI TERETERE (back to no.2)

4) TEREKHETA TEREKHETA TERETERE TEREKHETA GHENENERE GHENENAOW
TEREKHETA DA DHIN TERETERE KHETATAAKHI TEREKHETA DA DHIN TERETERE
KHETATAAKHI TEREKHETA TERETERE (back to no.2)

5) GHENENERE KHETAKHENE NEREKHETA GHENENERE GHENENAOW TEREKHETA
DEREGEDA DEREGEDA DEREGEDA TERETERE KHETATAAKHI TEREKHETA TERETERE (no.2)

6) GHENENERE KHETAKHENE NEREKHETA GHENENERE GEDAGHENE TERETERE
KHENENERE KHENEKHETA NEREKHETA KHENENERE KHETATAAKA
TEREKHETA KHENENERE KHENENAOW DA DHIN TERETERE (back to no.2)

7) DAD DAGHI TREKE DHENE DAGHI TREKE DHENEDHENE DAGHI

TREKE DHENE DAGHI TREKE DHENE TERETERE (back to no.2)

8) DHERETI DHERETI DHERE DAGHI TERETERE TERETI TERETI

TERE DAGHI TERETERE KHETATAAKHI TERETERE (back to no.2)

DERIA SAKDO

9) DAD DAD DAD GEDA GHENE DADHIN TEREKHETA JHA

DADHIN TEREKHETA JHA DADHIN TEREKHETA JHA TERETERE (no.2)

10) TAT TAT TAT GEDA GHENE TAT TAT TAT GEDA GHENE GEDA GEDA GEDA GHENE DAD DAD DAD GEDA GHENE DAD DAD DAD GEDA GHENE GEDA GEDA GEDA TERETERE (back to no.2)

11) DADHIN TEREKHETA JHA DADHIN TEREKHETA JHA

DADHIN TEREKHETA DADHIN TEREKHETA JHA

DADHIN TEREKHETA JHA DADHIN TEREKHETA

12) *PLAY* 32–MATRA TIHAI, MANY + MANY

13) *SLOW JHUMUR TAL*

(guru) DEDEDE DADHEI DADHEI DHEIA
(laghu) TETETE TATEI TATEI TEIA

14) KHIGURUGURU DAGHINE KHIGURUGURU DAGHINE

DAGHINE DAGHINE

15) KHIGURUGURU DADHE EIDHI NAK KHIGURUGURU DADHE EIDHI NAK KHIGURUGURU DADHE EIDHI NAK # DAD DAD

16) DHEI TAAKHI TEREKHETA DHEI TAAKHI TEREKHETA DHEI TAAKHI TEREKHETA GEDA GEDA GEDA GEDA

16a) DAGURUGURU DAGURUGURU DHEIA → X3
DAD DAD

16b) KHETATAAKHI TEREKHETA → X3
GEDA GEDA GEDA GEDA

END TIHAI

17) TETEE KATA KHIKINAK JHA KATH TETEE KATA

KHIKINAK JHA KATH TETEE KATA KHIKINAK

JHA KATH

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